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Amendments to the Claims:

1. (Currently amended) An element suitable for being ingested by a person,
comprising a solid piece having first and second spaced apart, generally opposed main surfaces
and a peripheral surface adjoining and interconnecting said first and second main surfaces, and at
least one bore formed in said solid piece between said opposed main surfaces and extending
from one portion of said peripheral surface to another portion of the peripheral surface, said bore
defining at least one air-passing channel making it possible to avoid choking in the event of
being swallowed the wrong way.
2. (Previously Amended) An element according to claim 1, wherein the channel is
cylindrical or substantially cylindrical.
3. (Previously Amended) An element according to claim 2, wherein the channel has
a diameter lying in the range 0.5 mm to 6 mm.
4. (Previously Amended) An element according to claim 1, wherein said element is
a medicine for taking orally.
5. (Original) An element according to claim 4, wherein said element is a tablet.
6. (Previously Amended) An element according to claim 4, wherein said element is
a coated tablet.
7. (Previously Amended) An element according to claim 6, wherein the coating
covers the walls of the air-passing channel.

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8-9 (Cancelled)

10. (Previously Amended) An element according to claim 1, wherein said element is a foodstuff.

11. (New) An element according to claim 1, wherein said at least one bore comprises two or more intersecting bores extending through the solid piece between said first and second main surfaces.

12. (New) An element according to claim 11, including an additional bore extending through the solid piece from said first main surface to said second main surface and intersecting said two or more intersecting bores to thereby provide a plurality of air flow channels.

13. (New) An element according to claim 1, wherein said element is a tablet in the shape of a cylindrical disc having generally circular first and second main surfaces and an annular peripheral surface, and wherein said at least one bore extends diametrically through said disc from a first position on said peripheral surface to a diametrically opposite position on said peripheral surface.

14. (New) An element suitable for being ingested by a person, comprising a medicine capsule suitable for taking orally, said capsule including particles of active principle of the medicine and an outer skin in the form of at least one tubular element forming a closed loop, said loop defining an air-passing channel making it possible to avoid choking in the event of being swallowed the wrong way.

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15. (New) An element according to claim 14, wherein the outer skin of said capsule comprises first and second U-shaped tubes engaged with one another to form said closed loop.

16. (New) An element according to claim 14, wherein the outer skin of said capsule comprises a single tube whose ends are engaged with one another to form said closed loop.

17. (New) A method for reducing the risk of a person choking on an ingestible element if it is swallowed the wrong way, said method comprising swallowing an ingestible element having at least one air-passing channel formed therethrough, and utilizing the air-passing channel to allow air to flow through and thus avoid choking if the element becomes lodged in the person's trachea in a position where it would otherwise block the flow of air.